Lee Meeks

Lesson Plan: The Water Cycle and the importance of water during physical activities.

Description:

This lesson will be on the importance of sustaining water in the body during physical activity. They will learn that staying hydrated with water during physical activity is essential to everyone's well being. They will also learn that the same water they drink during physical activities is the same water that has been around since the beginning of time. Water is constantly being recycled above, around and below the Earth. Each student will design a poster board display of a water cycle explains what evaporation, condensation, precipitation and run-off means.

Grade level: kindergarten through fifth grade

Topic: Sustaining water during physical activity/ The water cycle

Unit of Study: The Water Cycle

New York State Standards:

Standard 1-Personal Health and Fitness • Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Standard 2-A Safe and Healthy Environment • Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Standard 3-Resource Management • Students will understand and be able to manage their personal and community resources.

Objectives:

Students will learn about the water cycle and how water stays constant.

Students will learn the importance of replenishing the body with water after performing physical activities.

Time: Water Cycle Project will take two days in and outside the classroom.

Procedures/Methods:

To gain a good understanding of how water stays constant for so long every student will be responsible for a water cycle project using a poster board. On their poster board the students will be responsible for listing the four major activities that occurs during the water cycle which is evaporation, condensation, precipitation and run-off. They will then use makers to draw a large diagram of a water cycle and how it show look. The major activities listed above should be used in their diagram to explain how a water cycle works. Their diagram should be very colorful and insightful.

Second lesson:

Eighteen students will perform a series of strenuous exercises which will consists of jumping jacks, push-ups, sit-ups and five laps around the gym. Every ten minutes the teacher will allow the students to drink water so they can replenish the lost fluids. At the end of gym class the teacher will ask the students a series of questions

1. Why did each student feel physically after they received water

2. How Does water help a person during physical activity? If so how?

3. What would happen if a person doesn't drink enough water during physical activities?